

# More Articles

Dassan Dass

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## Introduction

More Articles By Dassan Dass Ji.

## How To Leave The Sangat

If you lose faith in the Guru then don't slander him for anything. If you don't like him anymore then don't say anything bad and walk away silently, but never slander him.

“Braham gyani ki gat braham gyani janey – only a Brahm gyani knows their own state.” – Sukhmani.

You can also politely say to him, “Sir, we don't want to be in your sangat jee anymore. Please forgive us, and let us leave your sangat.” Instead of going in the opposite direction and slandering him.

This way you can still be saved from the punishments. But, if you slander then there is no power that can save you. This is Dargahi (God's court's) Law and none can change it.

## Deep divine meaning – mahima of Kalki

Ik Oankaar Satnaam Satgur Parsaad  
Dhan Dhan Paar Braham Parmesar Jee  
Dhan Dhan Gur Guru Satgur Gurbani Satsangat Satnaam  
Dhan Dhan Sants Bhagats Braham Gyanis Satgurus Avtars of all ages  
Dhan Dhan all those who are living in Dargah and are with us all all the times

Kottan Kot Dandaut to all the above and the entire creation  
Kottan Kot Dandaut to the Satnaam Parivaar

Please enjoy the subject gurparsaadi writing written with the infinite gurkirpa and gurparsaad of Dhan Dhan Baba Jee and the entire Dargah Jee:

The deep divine meaning, the dargahi essence of the Kalki Avtar, the dargahi eternal truth that has emanated from the infinite divine power, (which has no depth, however, just to understand we do say deep divine meaning and as we take a deep dive in to it, it becomes deeper and more deeper, the more deep we go with the Gurparsaad and Gurkirpa, the more and more deeper it becomes with no end in site – infinite depth !), but the divine eternal dargahi truth is that which has no depth and dimensions, which is boundary less, which is formless by virtue of being so this infinite divine power is omnipresent, present in every creation, which creates and runs every creation, be it anything anywhere in the universe which is of infinite proportions, is ONLY AND ONLY SAT SAT SAT SAT SAT SAT SAT . . . . . TO INFINITY.

For the sake of saying it is only a word or Shabad, but in the real divine sense it is not only a word or a Shabad, this Shabad in all its divine senses by all means is infinite divine power itself, or this Shabad is so powerful that its divine power is infinite, or the infinite divine power is contained within this Shabad, this Shabad SAT is THE WOMB OF THE ENTIRE CREATION – THE ENTIRE CREATION IS BORN FROM THIS SHABAD “SAT SAT SAT SAT SAT SAT SAT”. EK NOOR – is the WOMB of the entire creation and this EK-NOOR is Shabad SAT SAT SAT SAT SAT SAT SAT SAT (Ek Noor Tey Sabh Jag Upjeyaa).

This Shabad SAT gives birth to infinite divine love, which is the basis on which the entire creation comes in to being, flourishes and blossoms. This Shabad SAT also gives birth to all of the infinite divine qualities such as DEVOTION, TRUST, KINDNESS, HUMBLINESS, HUMILITY, FORGIVENESS, FEARLESSNESS etc in the HIRDA and makes the HIRDA A BEYANT (Infinite) HIRDA and fills the HIRDA with all these infinite divine powers and makes the soul – IK DRISHT – WITHOUT ANY ANIMOSITY – NIRVAIR and fills it with Amrit, the divine ELEXIR, the divine NECTAR. The Shabad SAT SAT SAT SAT SAT SAT SAT SAT is the AMRIT – THE DIVINE NECTAR THE DIVINE ELEXIR. Therefore, according to the Puran Braham Gyan this Shabad SAT SAT SAT SAT SAT SAT SAT SAT is the KALKI, and when a soul mind and body gets saturated with this Shabad SAT SAT SAT SAT SAT SAT SAT SAT and becomes SAT ROOP Sat Paar Braham Roop and the PARAM JYOT PURAN PARKASH appears in this soul and this soul becomes A PARGATEYO JYOT PURAN BRAHAM GYANI, then this soul appears as an AVTAR.

When such a soul appears on this earth in the form of a SAT ROOP PARGATYEO JYOT PURAN BRAHAM GYANI, it is called KALKI AVTAR – THE AVTAR THAT HAS APPEARED IN THE KAL YUG IS THE KALKI AVTAR, the Shabad Kal+Ki = Kal means Kalyug and Ki means In – it means in Kalyug. Kalki Avtar is the one Who unites the masses with SAT PAAR BRAHAM, and when His disciple is merged in Sat Paar Braham Parmesar, then the disciple becomes like Him, at this time under the Dargahi Hukam the disciple then becomes like Him and then serves and delivers PURAN SAT to the masses.

A Kalki Avtar is Apras Aparus, who makes His disciple same as Him and then He becomes the disciple of His disciple – Aapey Guru Chela as Dhan Dhan Satguru Nanak Patshah Jee did to Bhai Lehna Jee and made Him Satguru Angad Dev Jee and bowed at His Charans and left Him to spread this message of Kalki – SAT SAT SAT SAT SAT SAT SAT SAT to the masses. Same divine process was served and delivered by all the other KALKI AVTARS - Sikh Satguru Sahibans. The Kalki Avtar is an apostle of utmost humility and humbleness, His humility and humbleness has no boundaries, no dimensions, no depth, these divine qualities make Him a Garibi Ves Hirda and by virtue of this infinite divine Gurparsaad He calls Himself as Sagal Kee Reena – the Charan Dhool of the entire creation. With Garibi Ves Hirda He calls Himself as Dassan Dass – the slave of entire creation. The Kalki Avtar is an Avtar of SAT PAAR BRAHAM PARMESAR JEE and is not a Avtar of anybody else, NOT OF BRAHAMA, VISHNU OR MAHESH.

Kalki is the source of all three divine powers that are contained in Brahama – the divine power of creation, Vishnu – the divine power of feeding the creation and Mahesh – the divine power of

destruction. Only the one who contains all three divine powers can give salvation to the human beings and none of these three divine powers individually can give salvation to human beings. None of the Devi & Devtas have the divine power to bless the human beings with the Gurparsaad of Naam, Naam Simran, Naam Di Kamai, Puran Bandgi and Seva. Only Kalki Avatar has the divine power to bless the human beings with the Gurparsaad of Naam, Naam Simran, Naam Di Kamai, Puran Bandgi and seva.

Kalki Avatar doesn't belong to a particular sect of the society and has no affiliation to any cast, creed or man made religions prevalent in today's world. Kalki Avatar belongs to the entire creation and appears to serve the entire creation. A Kalki Avatar serves the entire human race as the entire world is His family. Whether He appears as Jesus Christ Jee, Mohammed Sahib Jee or Guru Nanak Patshah Jee or Guru Gobind Singh Patshah Jee, is one and the same thing. There is no difference in JESUS CHRIST'S WORD "TRUTH", MOHAMMED SAHIB'S "HAQUE" OR GURU NANAK PATSHAH JEE'S "SHABAD SAT", they are all one and same and this Divine Shabad is the KALKI. There is no difference between Jesus Christ Sahib Jee, Mohammed Sahib Jee and Satguru Nanak Patshah Jee.

There is no place for any kind of symbolism, ritualism, idolism, self glory, worship of any other kind or anything else in the life and service done by a Kalki Avatar. A Kalki Avatar appears to crush all the prevailing wrong preaching and worshipping practices and break and destroy all the illusions and delusions created by those who promote symbolism, ritualism, idolism and self glory. A Kalki Avatar preaches, serves, and delivers ONLY AND ONLY PURAN SAT to the masses. His every action and deed is drenched in infinite divine love (ILAH I SHQ), all of His Karam Indrees are forever under the direct control of the Param Jyot Puran Parlash and all of his actions are conducted in Puran Hukam of Akal Purakh and are for the betterment of the masses and the entire universe. Everything He says is nothing but Puran Braham Gyan. His entire life is nothing but Hukam.

The Kalki Avatar can either appear at the time of His birth on this earth, or otherwise can also appear at anytime on this earth. The one who appears at the time of birth is a Mukht Atma that has been living in Dargah for a long time, and have appeared on the earth many a times in the past, and is sent again by Alal Purakh Jee to eradicate kood from this earth. Such a soul is a divine boon with infinite divine powers for the entire humanity and the world. The one that appears otherwise on this earth by way of His previous or and current Bandgi in the form of a SAT ROOP PURAN SANT SATGURU PURAN BRAHAM GYANI is also a Kalki Avatar, such a soul gets elevated to this level by virtue of His Service of the SAT, the one who delivers PURAN SAT to the masses. This way the one who keeps on serving and delivering PURAN SAT to the masses and follows the HUKAM, no matter what, also appears as a KALKI AVTAR. The one who appears as a KALKI AVTAR from His birth, is deemed more powerful with all infinite divine powers at His disposal right from birth. The key to success of such a highly elevated spiritual soul is living in dargahi hukam, whatever it may be. There are some excellent examples that we can quote here from the history of Sikh Satguru Sahibans: Dhan Dhan Pancham Patshah jee's martyrdom (Shaheedi); Dhan Dhan Satguru Gobind Singh Jee's Sarbans Daan. He gave everything he had, his father, four sons and Himself for the sake of serving and delivering the PURAN SAT; so much so Dhan Dhan Satguru Tegh Bahadur Sahib Jee had to give His life for the sake of serving and delivering the PURAN SAT to the masses. Same way Jesus Christ had to

accept GOD'S COMMAND to get crucified on a CROSS. Those souls who are blessed with the infinite divine powers ONLY can follow such HUKAMS, when they do so they are honored in the DARGAH to the highest level, their sacrifice brings peace and harmony on earth, their sacrifice brings spirituality and divinity on earth, their sacrifice brings a unmatched transformation amongst the masses, their sacrifice makes this earth a livable place for the masses. For those who are on this Bandgi Marg at the present time it is very important for them to understand that this Hukam can be to do anything, to make any kind of a sacrifice to become capable to serve and deliver the truth, the hukam may look to be absurd and if followed may bring a lot of slandering all over the world for you and may upset everything around you and isolate you completely from the society in which you are living, but for such souls who are dedicated 100% to the service of the PURAN SAT never look back and burn themselves and diminish themselves to ashes in the ILAHI ISHQ – infinite divine love of Dhan Dhan Paar Braham Pita Parmesar Jee.

Sometimes such a HUKAM is delivered to you to prove your love for Paar Braham Pita Parmesar Jee, but in all cases the HUKAM is delivered to serve the PURAN SAT and the ones who follow the HUKAM THEY SERVE AND DELIVER PURAN SAT TO THE MASSES without caring for anything else that may happen to them or around them. The ones who serve and deliver the PURAN SAT are deemed capable of bringing these kinds of KALKI AVTARS in to the world to help the entire humanity, to reform and transform the entire human race as well as the entire nature around them and the universe. The bottom line is that is why Gurbani says: Braham Gyani Aap Nirankaraa; Braham Gyani Aap Parmesar; Braham Gyani Mukht Jugt Jea Kaa Dataa, Braham Gyani Puran Purakh Vidhataa, which means such a soul is a living God on earth. In the modern day preaching a lot of Sants (in India) have massive gatherings and address these gatherings with Shasteri Gyan. People around the globe get moved by looking at the massive gatherings around them, there by more and more people joining the gathering with a hope that they will be blessed by these Sants. But these Sants either have not achieved the Puran Awastha, Param Padvi and Puran Braham Gyan and Puran Tatt Gyan, that is why their focus is on Shasteri Gyan and not Puran Braham Gyan and this way they don't serve and deliver the Puran Sat to the masses, instead their focus is on Shasteri Gyan, which is not bringing about a transformation in the masses the way it is supposed to happen in the Sangat of a Puran Braham Gyani. The challenge to these Sants all over the globe is not to focus on getting large gatherings and feel happy about it, but to earn the Puran Braham Gyan, Puran Tatt Gyan and then serve and deliver Puran Sat to the Masses, only then the transformation is possible. Otherwise with so many of them around and having followings of millions of people with them, they should be able to transform the entire society but unfortunately there are no signs of any significant transformation happening in the society.

The reason is crystal clear – no Puran Braham Gyan or Puran Tatt Gyan achieved – no Puran Sat served and delivered – no transformation happening. Under such circumstances the appearance of a Kalki Avatar on this earth becomes very important. The one who can show the right path to the masses all over the globe, the one who can serve the Puran Sat to the masses, the one who can deliver the Puran Sat to the Masses, the one who can transform every Hirda and fill it with the infinite divine powers of Kalki, the one who can fill every Hirda with the infinite divine love, the one who can eradicate all hatred and discrimination from the society, the one who can remove all the animosity from the society, the one who can bring an end to the corruption and

bribery in the society, the one who can bring to an end all the Asat Karams in the complete human race all over the world, the one who can transform every person on this earth to be a truthful person inside out, the one WHO CAN BRING BACK THE SATYUG ON THIS EARTH.

Dassan Dass

## **Parents Can Bless Their Newborn Baby**

The new born baby is already blessed. Right now she is beyond maya. She is the Amrit Ka Bhandaar – treasure of amrit. Place your hand on her head and feel the amrit flowing. The prayer for keeping and enhancing this gur parsaad is needed now and we pray with kottan kot dandaut to dhan dhan paar braham parmesar that the saintness of this newly born be protected and enhanced in her life. God please keep all the eternal treasures you already have given her at her disposal, keep her as she is today no doots, no desires, no haumai, no maya.

Parents please keep on playing gurbani, naam and kirtan around her.

## **Questions On Doing Simran**

### **QUESTION:**

My dearest and most precious Satguru Dassan daas jio, we wanted to ask something regarding thoughts that we encounter during bandgi. we are too lazy and mostly can't do bandgi in amrit vela as advised, whenever we wake up, take a shower and sit for meditation, are in a dreamy situation and finally sleep gets better of us so first of all please forgive us for not obeying your Hukam and bless your daas with amrit vela jio.

### **REPLY:**

First of all we are not a Satguru by any means, we are just the charan dhool of the entire creation, this is all gurkirpa and gurparsaad of infinite divine power that does everything and makes everything happen, there is only one Kartapurakh. It is Akal Purakh's Hukam and not our Hukam, we don't give Hukam to anybody. There are some people who call us a Satguru out of their divine love and humility but we have never accepted this title and we have never told anybody to call us like that.

Secondly achieving the Gurparsaad is a divine blessing of the highest order that you can receive, and not saving this divine blessing and doing what you need to do to save this divine blessing is not a good thing at all. Asking for forgiveness is a good excuse people make, but that will not elevate you spiritually. Complete surrender to the Gur and Guru is the key to success – giving tunn munn and dhan to the guru will bring you the gurparsaad. The gurparsaad of naam simran naam ki kamai puran bandgi and seva.

### **QUESTION:**

we get time to do bandgi in day hours and sometimes doing bandgi thoughts of our childhood come to the mind, thoughts of old friends, classmates, teachers, other relatives and other events



which had made their mark then in our mind come back. this happens when reciting SATNAAM, we completely try to concentrate on it and for a few seconds are succesful but then these thoghts come and disturb the peace.

**REPLY:**

You have to do it everyday without missing a day, in the morning and evening, cleaning up the mind is what bandgi means, bringing mind in complete silence is bandgi, you have just started, so please focus more and more on long sessions of simran and your concentration will improve with time and your devotion, trust and unconditional love for your guru.

**QUESTION:**

from last 2-3 days, we have noticed that we first do simran loudly, then a liile slowly and finally just sittng without reciting and feel great anand but after few seconds again the peace is disturbed with strange thoughts.

**REPLY:**

You should only be doing simran in your surat or mind, not using your rasna.

**QUESTION:** also sometimes we hear our heartbeat and start SATNAAM with it, is it fine or not? Kindly guide this kookar at your door, how to concentrate for more time and also bless with your dhan dhan GURPRASAAD jio.

**REPLY:**

Simran with heart beat is OK, but focusing on your surat or mind will bring you much better rewards. You should stay focused on Satnaam on a continuous basis day and night.

**QUESTION:**

All is ur grace jio, otherwise this wanderer could never sit for over an hour for bandgi.  
TARAS PAEA MEHRAAMAT HOI SATGUR SAJJAN MILEYA,  
NAANAK NAAM MILEI TAAN JEEVAN TUNN MUNN THEEVEI HAREA.

**REPLY:**

God bless you with the gurparsaad of naam naam simran naam ki kamai puran bandgi and seva. Please continue to read writings on the website. We will suggest you to read the Sukhmani Katha posted on the web, this will help you a great deal.

## **Questions On Drinking, Drugs and Simran**

**QUESTION:**

Sat Naam Ji Dearest Dassan Dass Ji,  
Dandauth Bandhna Ji,

thankyou for your blessings at the sangat on Sunday ji, your presence was strongly felt and appreciated. Susan Ji mentioned she had a full conversation with your astral form about getting up at amritvela, she wa asking for forgiveness for not doing it and god through you ji, was asking

her to please to keep on making efforts.

### **QUESTIONS:**

1) When we were talking with the sangat, some of the sangat mentioned they drink for various reasons. Some were not aware that there are any restrictions on this path about eating and drinking, to which we replied that Baba ji has asked us to refrain from drinking and to give up chasing desires.

If you think it is useful, could you clarify about things we should refrain from. We know you have mentioned many times things on the inside like five thieves, but people don't translate that very well when it comes to their practical actions.

### **REPLY:**

Drinking is not good and should be deleted from the lives of those who are seeking spiritual progress, it is for sure a road block for them. According to Gurbani drinking means losing seven generations. Drinking makes you weak physically as well as spiritually. Those who drink are weak minded people. They try to either gain temporary pleasure by drinking or try to avoid their worries and sorrows for sometime. Pleasure goes away when the intoxication is finished and worries and sorrows come back when the effect of the alcohol is over. But you lose yourself with every sip of the drink. Those who are blessed with the Gurparsaad and still drink lose everything they attain in spirituality. Doing Simran in the morning and drinking in the evening is like no gains but losing health and healthy mind. When ever anybody is blessed with the Gurparsaad, he or she is also normally told by the Satguru to what he/she should focus on and what he/she should do. Those who don't follow the Satgurus words lose the Gurparsaad and the blessings of their Satguru. They may still be going in Satsangat but if they don't act on the words of their Satguru they are bound to lose their Gurparsaad. There are a large number of people who fall in this category, there are only a few, very few of them they retain the Gurparsaad. We know a couple who has been going in to Radha Soami Satsang for over 25 years and also received Naam Daan over 25 years back. But their daily Karni is so bad that all their Karni is Asat Ki Karni. But the irony is that this poor couple don't have a clue as to what they are doing and why they are doing and they still believe that they are "Guru Wale", where as the truth is that they have lost their Gurparsaad a long time back, they don't have Naam anymore, they have nothing at all, there is no spirituality in them at all. So by not following the Satguru's words have made them lose the Gurparsaad. There are millions of people who follow the Radha Soami Satsang all over the world, but these poor people don't know that just by going to Satsangat they don't earn much, and they can only earn their spirituality by doing what their Satguru is telling them to do. One thing more we would like to comment over here is about their eating behavior – they won't let anybody use utensils used for cooking meat, their belief is that by cooking meat in a utensil the utensil is impurified and will effect their spiritual life, but these poor people don't know their real "pot" – their Hirda is so dirty with so many holes in it and is lying inverted so how can any Amrit will stay in this pot. This is the kind of dangerous illusions all these people are living in and pretending over and over again that they are Guru Wale and they have Naam, but they are totally empty from inside. So focusing on your Karni and making it Sat Ki Karni is the key to spiritual success. Therefore, when the people blessed with the Gurparsaad don't follow

their Satguru's words they lose the Naam and the Gurparsaad. PLEASE MAKE A NOTE OF THIS DIVINE TRUTH. If this was not true then all the people who met ten Satguru Sahibans would have achieved Jivan Mukti, if this was not true then anybody who meets a Brahm Gyani would become Jivan Mukti.

### **QUESTION:**

Lot of young people have boyfriend/girlfriend relationships with a view to getting married in future, would you advise them to stop having sex before marriage - does it matter, is it just karma anyway? Stop drinking and perhaps even doing drugs? We know you advised Baljinder paji in India to stop drinking and stop hunting.

We know you stress doing 2.5 hrs of simran and giving daswandh which we do emphasise to the sangat, but pray they can get to one day. Would it be useful to have a list of practical do's and don'ts once they receive the GurParsaadi Naam, or this making this into too much of a religion?

### **REPLY:**

There is only one Dos – AND THAT IS FOCUS ON SATNAAM SIMRAN AND SAT KI KARNI AND FOLLOW YOUR SATGURU'S WORDS, there is only one Don't – and that is DON'T INDULGE YOURSELF IN ASAT KI KARNI. SAT KI KARNI WILL MAKE YOU, ASAT KI KARNI WILL BREAK YOU. Lustful behaviour obviously is Asat Ki Karni, drinking is obviously Asat Ki Karni. Unconditional love is the only love that is Sat Ki Karni, personal interest and lustful reasons are not Sat Ki Karni, relationships based on unconditional love and Sat Ki Karni is acceptable, anything that is based on Asat Ki Karni is not acceptable. Everybody wants to meet God, but nobody wants to do what the Satguru tells them to do. So you draw a line yourself, you are your best judge, if you go in to Open Confession then you will realize how good or how bad you are internally – after all it is the internal pilgrimage and nothing external.

### **QUESTION:**

In the past when we were getting up early and doing amritvela we thought we were dozing off and having dreams as part of sleep. But sometimes these dreams would be meeting Sant who gave us blessings, meeting yourself and baba ji too. Othertimes they were just silly dreams. Othertimes we would see relatives and hear the same SATNAAM SATNAAM chanting happening as part of the dream, as the CD that is playing when we sit to do simran. Is this all just dream states?

After that we have started trying to be more alert and not to drift off into this dream like state and just to keep the mind focused on the satnaam & mool manter mixed in.

But on talking to Namjeevan ji, she said that the first way was better, to be a little tired, to get up at 1 am, to do our simran and to drift in and out of these "dream like" states - that was the best thing - which we can understand as we go into spiritual realms.

Last couple of morning we have been doing that again, and yesterday we felt like we were flying around everywhere in our dream - which normally happens when we feel our pressure has gone.

Also a nindak of ours and baba ji - our cousin from Luton, who has come into our dreams before as being angry, was actually giving us big hugs this time!!

This morning we saw the sangat of Luton gurdwara and some committee members talking at a wedding, they had long hair growing on their hands ..bit like when you said in one of your visions the hair was growing on your leg and represented filth and was cleaned up. But some young amrit-dhari singhs at the back where chanting with great joy "satnaam satnaam satnaam" after being inspired by the website articles, chanting the just the same as the joyous SATNAAM track we play in the background. Other people in the sangat were complaining they were too loud! Are these just dreams because i have dozed off, or are they helping us to go forward spiritually? We dont want to get lost in this kind of sleep/dreamworld.

Yesterday evening we sat alert and put kirtan on after work and did some yoga followed by our simran and mool manter like we used to when going to the gurdwara after work. After a while we felt more love and light than we have for a while, but we were alert and not drifting off into any kind of dream state. This was also how we used to do simran when we were blessed with "seeing the light" in the kundalini experience we had in 1996 - fully alert and focused. The question is ji, is this a better state and way to do simran, than the dreamy state at amrtivela?

Please show us the right way ji.

Please forgive us for all of our mistakes known and unknown.

Please bless all the penjis in the sangat who found it very emotional in sangat yesterday. One mentioned seeing the light, but at the same time she knows she has done something very wrong but doesn't know what. We advised that you always ask us to pray for forgiveness for our mistakes - known and unknown at all times, for her to keep praying like this everytime those thoughts come and to keep on passing it up to God rather than keeping it within which will just make her sick.

## **REPLY:**

We have shown you the right way all along, so many times, time and again, but the issue is that you don't want to follow the right path – following is questionable, so instead of asking such questions, if you would have followed and done whatever you were supposed to do, the things would have been much better for you and all others who are reading this note. This is not for you only but for all of the Satnaam Parivaar. Naamjivan Ji did without any doubt in her mind about anything whatsoever, even putting the worldwide slandering on the back burner and not caring about it at all, and so she achieved what was there to achieve, everybody else could do the same thing and be Jivan Mukht, but their own wisdom comes in the way at every step – that is why complete surrender is the way – the only way to win over the Maya, this is the shortest cut to the Dargah – and that is what is missing in almost all of the ones who are blessed with the Gurparsaad – as they don't realize what they are doing by ignoring the words of their Satguru. That is why hundreds of Suhagans over here lost their Suhaag. You have to change your lifestyle to completely dedicate yourself to the Bandgi, you can't watch TV late night and then do the

Amritvela as well, focus on your Kirat, take care of your family and focus on Satnaam Simran, follow your Satguru's words for achieving your spiritual objectives. Dreams are also a part of your Karni, seeing Sants and Sangat is dreams is great, but other dreams may be silly, are also a part of your Karni, and lot of your Karni's effect is completed in these dreams. Whatever Naamjivan Ji has said is an absolute truth.

## **Spread The Divine Message**

Dearest Beti Namjeevan jee our blessings are always with you, our blessings have always been there for you, you know that you live in our hirda, you live in babaji's hirda, you live in the dargah, you are sat roop sant hirda.

Now you need to step up and take charge of the Satnaam Parivaar in uk and help them realise their spiritual dreams. You should be present in every satsangat in uk. This is our request at your sat charans to help us and babaji spread this message of the satnaam around the globe. You should also start writing more on you spiritual experiences. You should also start writing on gurbarsadi topics, gurbani, bandgi, seva, simran, parupkaar and maha parupkaar.

Disseminating the divine wisdom to others is a very high level of seva and now you should start doing this seva. Please don't be hesitant, just come forward with full divine force. We all need to make this earth a more livable place, your contributions should be enhancing this effort on a daily basis. You are very fortunate being blessed with this seva.

## **True Relationship Is With Naam**

Guru pyare jee: everything except naam is maya, everything except naam is kood (false), everything except naam is fake, so how can you expect your untrue relationships with anybody can bring peace to you?

Confession is good but not good enough until you leave what causes you to confess.

Please keep in mind every relationship is false, the only relationship that is true is the naam kaa rishata (relationship with Naam). Everything else is perishable and will depart from you one day – only Satnaam will stay inside you.

## **I'm Attached To This World Again And Have No Feelings For Guru**

### **QUESTION:**

First of all i want to thank you to share such precious information in your site .

Secondly i want to discuss my spiritual problem with you.

Actually i was doing simran of ' waheguru ' from approximatally 5yrs and in these 5 yrs i use to

feel very good and also detached while doing simran , As problems sometimes inspire me to do more and more simran , at staring there was no "rass or Anand" but slowly it kept on increasing , i felt like loving with waheguru , love and lot of lot '.During that days i was having my exams . i was not able to study , so i failed . now due to this problem i felt like bairaag in heart but i was not able to do much simran ..time passed but i keep on thinking of waheguru loving and again my simran started in good state ..but recently from approximatally 9 months .. i met with some one in sangat he also do simran very strongly , i felt him very saintly , but he is very detached (attached with guru sahib only ) . and i wanted to talk with him but was not .. so every feeling remained in with me which resulted in frustration , Actually i dontknow while doing simran how and when i m attached to him , and not with guru ji ...i dont know how and now after 9 or 10 months i m not able to simran at all .. i m not feeling the same 'rass or anand ' in my simran . I m feeling like i m not able to think anything good as if something has blocked my thought process , my brain has stoped working , and the " bhukh and pyaas for guru ji is finished in me . I'm attached to this world again and have no feelings for guru . Now how can i had to start again it is not possible with so many vikaars in me .

Now even i m not able to cry also like i a stone heart .

My gurmat, gursikh love my Tadap for guru has gone far away from my thoughts now and my heart is not able to realise it . this fear i m not able to think same way i used to , as if i lost my consiousness ' . My thinking is not as wide as before .You dassandas i feel that when a person falls from such a stage , he neither remains of this 'Lok nor Parlok ' .

Will guru sahib forgive me .Its difficult to do come out of this fall It feels like i have gone 5 yrs back in my life . and now how can reach that simran state again coz i m not able to think or concentrate now.

Now i dont have same strength .

As if guru sahib's nadar is far now

Please help me .. please tell me "Kavan sumat Jit preetam Dhiaaon"

### **REPLY:**

Guru pyari beti jee, God bless you with the gur parsaad.

Gur fateh parvaan karna jee.

The highest wisdom “sumat” is Satnaam – and satnaam simran will take you to where you want to be and where you need to be. There is nothing to worry, there is nothing to be concerned about, it is all your destiny, and your destiny is the highest sumat “satnaam dhiaaon taan preetam paagoon” – so please focus yourself on satnaam simran and all your fears and illusions will disappear.

The only way to achieve puran bandgi is the complete surrender to your guru – with tunn munn and dhan, this will open up all the channels for you and you will be blessed with the gurbarsaad of naam naam simran naam ki kamai puran bandgi and seva.

Vaheguru is gurmanter and sat is the naam, sat is the guru, so please focus yourself on satnaam simran.

There is a book on sukhmani published on the website [www.sukhmani.info](http://www.sukhmani.info). Please start reading this book and as you continue to read this book satnaam will go in to your surat, hirda and rom rom. Your shardha and preet, your trust and devotion will take you to the heights of the spiritual world. Your surrender has to be coupled with sachee preet, sachee shardha and sacha vishvaas for your guru – satguru. This will pave your way to puran bandgi and seva. Please feel free to ask more questions or communicate as you feel.

## **Read Our Words Carefully - Dont Doubt Truth**

Guru Pyare Jee, God bless you with Sat Budhi (true wisdom).

It looks like you have not carefully read our words in the last message. You need to understand Sat means Truth – "aad sach jugaad sach hai bhi sach nanak hosi bhi sach."

Does Truth have different names in different religions? No, Truth means Truth. And Sat means Truth. It doesn't matter whether you are from a Sikh family or a Hindu family or a Christian or a Muslim family, Truth is Truth in all languages all over the world and the Punjabi word is Sat and that is the Naam and it is same for the entire creation.

Jivan mukti is Gurbarsaad, Naam is Gurbarsaad, Naam Simran is Gurbarsaad, Naam KI Kamai is Gurbarsaad, Puran Bandgi is Gurbarsaad. And when you are blessed with the Gurbarsaad then you can achieve Jivan Mukti. This is what Gurbani says.

Also please read Vaar 1 of Bhai Gurdass Ji posted on the website and you will understand the meaning of Sat and Satnaam.

Sukhmani says "Naam Sat, Sat Dhyavanhaar, Charan Sat, Sat Parsan Haar,"  
Also, "Jap Munn Satnaam Sada Satnaam,"

And, "Kirtam Naam Kathey terey jivha satnaam tera para purbla."

And there are a whole bunch of articles published on the website for your education on Satnaam, please take sometime to read these Gurbarsaadi writings. This website is a Gurbarsaad and all the writings on this website are Gurbarsaadi writings, so do you think that these writings could have been written by a person who have no Naam Ki Kamai? This is all Gurkirpa and Gurbarsaad. We have no authority to select Satnaam, it is the Gurbarsaad, so we were blessed with the Gurbarsaad, and we were fortunate to be so blessed, yes we do Satnaam simran nonstop day and night – rom rom simran, ajapaa jaap, every moment for us is Amrit Vela.

It is upto you whether you want to accept the divine truth or continue to follow what your family is doing or what the people around you are doing. We are not telling you to follow Satnaam, all we are trying to do is to tell the truth to you and take you out of the doubts and illusions. If you are destined to jap satnaam then nobody can stop you from doing it, not even your munnmat or sansarik mat. If you are destined to wander in doubts and illusions then that is your destiny too. But one thing we can tell you that there are answers to all your questions and doubts on the website. If you read it you will continue to clear them, and when all your doubts and illusions are gone then you will understand what is Satnaam and then nothing can stop you from meditating on Satnaam.

## **How Do I Control Lust?**

### **QUESTION:**

My name is S Singh, about 18 years old living in U.S. I have two questions:

How do i put control on Kaam. Could control other desires, but Kaam is too strong for me?

Well I try to do naam simran and path most of days, not every day,(By guru kirpa i'll try to increase) just wondering, when doing naam simran how do i concentrate on naam. When i do naam, my maan is thinking about other stuff. how do i really focus on naam?

SATNAM WAHEGURU

Please show this papi the right path.

### **REPLY:**

Please read the following discussion about [Sexual Fantasy](#) .

### **QUESTION FROM A Ji :**

I am in a great problem. Whenever I see any young lady, sexual fantasy take place in my mind.I always do simran for little time. please enlighten me. I m 27 yr old bachlor.

### **REPLY 1 FROM DASSAN DAS Ji:**

IK OANKAAR SAT NAAM SATGUR PARSAAD

GOD BLESS YOU WITH DEEPER AND LONGER SESSIONS OF SAT NAAM SIMRAN

Thanks for being honest, bold and courageous by bringing your serious mental problem up for resolution. This is called lust, which is a deep mental sickness. This has been called Kaam in Gurbani and is one of the Panj Doots – Kaam, Krodh, Lobh, Moh and Ahankaar. These doots are



a part of the Maya, which has three attributes: Tamo, Rajo and Sato. Please read the following Gur Parsaadee writings on the Maya, Panj Doots and Spiritual Cleaning.

[http://www.satnaam.info/index.php?option=com\\_content&task=view&id=88&Itemid=0](http://www.satnaam.info/index.php?option=com_content&task=view&id=88&Itemid=0)

[http://www.satnaam.info/index.php?option=com\\_content&task=view&id=230&Itemid=0](http://www.satnaam.info/index.php?option=com_content&task=view&id=230&Itemid=0)

The Panj Doots fall under the Tamo attribute of Maya and Kaam – Lust is one of these Panj Doots, which is the problem you are facing. The truth is that almost all the people suffer from this mental sickness – or we can say a majority of the population suffers from this serious mental sickness. This mental sickness destroys a person mentally and physically. For that matter except the Sato attributes of Maya, the other two are very serious and damaging mental sicknesses. Only Sato attributes take you higher in spirituality and help you bring all the divine qualities inside you and delete all the bad qualities from your inside and help you balance your mind and bring it to stability. So concentrating on Sato attributes helps in bringing your mind under control and the best of the best Sato attributes is the Naam Simran – so we will very humbly request you to start focusing on Sat Naam Simran and you will start to have a control on your mind. Longer sessions of Sat Naam simran will eliminate your problem altogether – and whenever you see a woman just try to see your own mother, your sister or your daughter in her, consider them as your mother, sister or daughter, and at the same time look at their feet and keep on reciting Sat Naam and your mind will start to become more and more stable. Getting married will also help you a great deal. We will pray to the Akal Purakh for blessing you with the Gur Parsaad of Naam, Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva.

Dassan Dass

## **REPLY 2 FROM PREETO:**

Satnaam

Veer ji,

I can relate to what you are saying, I think many young single Sikh men experience the same feelings. I spent many years feeling guilty about my sexual thoughts and urges. And religion only made me feel even more guilty. But the more I suppressed my sexual urges the more guilty I felt when I masturbated. Even though I was wearing religious uniform and praying all the time I couldn't beat the sexual desires and the fantasy and would end up watching late night soft porn movies. Then feeling even more guilty the next day, running to the gurdwara doing more prayers. Then even though I was trying to be pure and humble and looking the part with my religious uniform and respect from religious people and religious girls, no one wanted to marry me. If I was attracted to anyone I thought it was lust and didn't approach them to get to know them. And that just led me to feeling more lonely and inflamed the sexual desires even more. I

used to not try to masturbate for as long as possible - managing 3 weeks once, but then the mind rebelled.

So this is not an easy path and religious preaching by the mainstream does not help much. God has created MAYA - attractions and temptations to things of the world. And KAAM or sexual desire operates in each of us for a reason...to keep the creation going and to allow our karmic dues to be repaid.

There are three parts of maya that run the creation - sato, rajo , tamo. There are three parts of the mind that operate under their influence. I call them DESIRE PART, DESTRUCTIVE PART, and GOD-PART. First you have to start observing your mind to see where your thoughts are coming from. Sexual fantasy is coming from the DESIRE side. You accept that inside yourself, When you repress it it become destructive..so now you feel guilty for your sexual fantasy. So you are on the other side of the mind. And for most people in the world they go from one side to the other and get torn apart in the process ..as you are. IT drains you of all your energy, self-belief, self-confidence. Thats why these 5 passions are called 5 thieves - panj dhoots - they steal your lifeforce - your inner amrit.

How do you conquer lust? You dont, only Guru's grace does. When i finally realised that I couldnt beat lust, not even by looking like a tough saint-soldier on the outside and filling my head with stories of the brave sikhs of the past, then the verse from gurbani from dhan dha guru nanak dfev ji came "vaho vaho sachay ma teree tek, hau papee thoo nirmal ek" meaning "Wondrous wondrous True Lord, I seek Your refuge, for I am a sinner and You are the the PERFECT One." What a revelation. I finally realised that only God and the Guru are perfect everyone else is imperfect. And trying to become perfect by my own means was trying to do it under the influence of my own ego. And it was my own ego saying on one side "to be perfect you have to see sex as impure, a barrier to spirituality, hence sex and masturbation is evil." And when succumbing to those sexual desires then ego would say from the other side of the mind "you are such a bad person, you are a pervert, you are weak , you a fake - looking like a good sikh on the outside full of sex on the inside."

Ego can only be beaten with Guru Grace - GurPrasad. Dassan Das ji can give you GurPRasad because you have done the first thing to expose your ego and that is too really express from your heart how you are beaten down by ego making you feel bad about sexual desire. Ego loves to hide in secret dark corners of your mind. Meaning how many people would have confessed what you did in your email? Or even thought what they were doing was bad? Not many. How many would have told you what I have told you about how my own mind operated ? Not many, because it is ruining our reputation in respectable society. But it is the only way to expose and beat your ego. You confess how you feel, what darkest thoughts are coming into your mind - instead of identifying with them, just observe them like they are someone else's thought, like you watch TV. And let them come and go like clouds floating through the sky of your mind. Dont let them stick by letting your ego say "you are such a bad person for having those thoughts." and

dont let your ego do the other side by saying "so what, its natural to have sexual fantasy - and I dont need God or religion to make me feel guilty"

Keep emailing Dassan Das ji with the thoughts that are coming, keep offering and exposing them to God and Guru and enlightened souls. Keep falling at the feet of God and Guru and Dassan Das ji and saying "waho waho sachay ma teree tek, hau papee thoo nirmal ek."

That will free your mind, free you of guilt. And with blessing of gurprasadi naam you will keep your mind in the third part - the GOD part. And when you stabilise here and fill with love, you will see all as great, all sexual union as God keeping Creation going - all as purely and innocently as a child sees the world. The simplicity and purity of God in everything - desire free and destruction free. But to get to this stage you need to overcome sexual desire, so you have Dassan Das ji's blessing, keep confessing and keep praying for the gift of gurprasadi naam from Dassan Das ji. On a practical note, nature n your wants your genes to carry on and by still being single you are not going with the flow of nature, the HUKAM RAJAE CHALNAA meaning you are not listening to your body and mind and getting married and reproducing and having a family. So that is another reason why you are in mental turmoil. Guru Gobind Singh ji said love your wife more and more every day and dont look at another women even in a dream. So for most people on the spiritual path we are not going to beat lust overnight, but by containing it and giving it an outlet within marriage it can be slowly drained of its power over us. And that is what has happened to me over the last 8 years of being married. Sex does not bother me. IF it happens with my wife then that is Gods will but i dont desire it nor chase it nor get attracted by other women. Even in the act of sexual union keep doing naam simran and you see the god-part of sex. God in the male loving the God in the female, God doing everything to Himself.

Baba Ji says that At one level nature is driving everything forward to reproduce, and sexual union in a divine sense is the temple of creation. It is where God - the Creator Being - Karta Purakh is fashioning His creation. This is the Highest Truth of Sex, and is what is meant by Tantric sex. But this state of understanding and experience is only really understood and experienced by the enlightened souls. For every one else sex is either driven by desire, what is called LUST. The animal nature in us, the Lower Mind

So it is a journey for you to take from going from your lower mind, your animalistic mind comprised of the Desire and destructive parts, getting Dassan Das ji's grace confessing what your ego and lust and other thieves are doing inside you and exposing them of any power they have over you, moving more into the God-part of you - the higher mind by meditating on the SATNAAM mantra and stabilising into the Light of God, where you will experience the divine meaning of sexual union.

dust of your feet

### **REPLY FROM DASSAN DASS JI:**

Preeto Ji:

Thanks for being so explicit, this is an excellent piece of divine wisdom you have earned, A Ji will definitely benefit from this, please publish this one for the benefit of other truth seekers as well, this is Gur Parsaad - deep divine wisdom, and how it is earned by Bhagat Ji your Seva is incredible. God bless you with the Sada Suhag, this is our prayer for you day and night, with every breath of ours - God bless you with the Sada Suhaag and make you a Sada Suhagan. Sat Naam will not only help in winning over the Kaam, it will win over the Maya completely. Please send some detailed Gur Parsaadi writings on Maya and its operation, mind and its operation and Sat Naam to A Jee as well. God bless him with the Gur Parsaad.

Thanks again, Dassan Dass

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### **CONFESSION OF LUSTFUL MIND:**

Satnaam ji,

Forgive us sangat ji for betraying Satguru ji and ourself and committing heinous crimes under kaam's control. This loon-haraami forgot the words of Satguru ji that Dargah is watching us and masturbated yesterday. Although wanted to watch ugly stuff but Satguru ji saved us once again and we didn't do that.

Keep your feet on our head ji.

Beat us with chittars and leather belts ji. Blacken our face and make this gadha sit on another gadha and punish us hard ji. Give us the hardest kick, smash our face ji.

We apologise for sending such words and negativity to all the Sant-brahmgyaani satsangat ji. This is all we have ji. We're sorry.

### **REPLY FROM PREETO:**

SatNaam Veer ji,

God Bless you. Good way to get over lust, is to go to sleep early, stay away from late night tv,

porn websites. Become solid in your amritvela 2.5 hrs. If you are not married, then marriage helps a lot, after you have kids lust naturally reduces. Plus within marriage sex is not considered as lust as Dassan Dass ji has written, so there is no guilt and shame attached to it. If you are not married and are young, then masturbation is your only outlet for this powerful energy within you. Baba ji said that "masturbation is God playing with himself, teaching you about sex. Otherwise your parents never taught you, so He teaches you himself." It is not shameful or to be feeling guilty about it. It is made by the creator, it is part of your body and energy. It is lust when the sexual energy, urges and cravings and desires RUN YOU, control you, make you into a slave. Best thing we found was avoid external influences like late night TV, porn websites, friends who are lustful. Spend more time on amritvela and seva. Get married have kids. And if you do masturbate once in a while as an outlet, then just do your Satnaam simran, rather than fantasising about anything else. Keep your mind in the moment, keep doing Satnaam and then desire goes. Baba ji said sex is not bad, it is man's desire that is bad. Baba ji said even during sex keep doing your Satnaam, don't become a slave to the enjoyment of sexual pleasure.

This path is not about making sex and masturbation as bad, then feeling it is a shameful act for which we must be punished. You won't be able to stop masturbating, until much further into your bhagti when the job of sex is done. So are you going to keep on feeling guilt and shame (destructive qualities) until that day?

Dust of your feet.

Dandaut bandna ji.

### **REPLY FROM K:**

Satnam ji,

In the beginning these attacks are common. We need to be really strong internally, with simran otherwise we will always lose to these evils.

As our first step in bhagti is dharam khand. That's when we bring our life into discipline. Talking, eating, sleeping and all your daily routines should be in discipline.

There are only 2 ways to control the kaam that is by simran, and by eating in limits. Overeating always creates kaam energy. Whenever we open the leash of mind (means not doing simran) it will be attacked from these evils. Always tie a leash to the mind with simran and stay in present.

It's natural that when ever this energy increases in your body then it has to come out either by night fall or other ways. So when ever we leave our mind ideal from simran it will either dream about porn when you are at young age or money, or arguments in your mind. I think only weakness in ourself is lack of simran. When ever they attack try to fight back with naam simran, don't surrender.

These r few thoughts from my donkey brain, rest sangat is wise they may help you in better way.

Sewak

### **REPLY FROM PREETO:**

Dandauth Bandhna ji

Mr Singh is only in his 20s when lust is most active in most young men, but he told us a while back, and we hope we understood correctly, that the way to overcome lust is whilst having a good amritvela routine and daily discipline as described above, is to hold off from masturbation for as long as you can, so perhaps 3 weeks before you succumb. Then try again , maybe you hold off for 6 weeks and succumb. Then hold for 9 weeks next time and you succumb. Then hold off for 12 weeks and finally your mind gives in and you win over it. Mr Singh ji is dhan dhan. When we were his age and doing our bhagti we couldn't hold off for more than 3 weeks at a time and by then we were getting really lustful and on masturbating enjoying the release but feeling full of guilt and feelings of failure. Then running to the Gurdwara to do our sevan and simran to get cleaned up again - peace of mind again. In the end we realised we can never beat lust, its only ego to think so - akhan jor chupa na jor - no power to speak no power to be quiet as Baba Nanak ji writes. Realised we have no power and we sung a shabad of Baba Nanak ji in which he wrote, "waho waheo sachay ma teree tek. Hau papee tu nirmal ek - wondrous wondrous true One, I am sinner You are the Pure One." Which made us realise that we will always be asinner, a papee, no matter what we do , we are full of filth. We then feel at SatGuru ji's feet and gave in, realised we are always a sinner and HE is the only Pure One. Battling with lust broke our ego that we could beat lust. Great lesson that took years to learn.

Baba ji said that to overcome any desire there are two ways, either get the divine wisdom and give it up as Mr Singh ji did. Or to indulge in that desire so much so that you see the heaven and then the hell of it and finally get sick and tired of it. Then it can never bother you again. Baba ji gave the example that if a drunk comes to him and wants to give up, he says to him, "well just give it up, or if you can;t do that, then drink so much that you drink yourself to near destruction. After which you will say "god please save me - NO MORE DRINK PLEASE."

So that is why on this spiritual path, for most people, the path of denial as Mr Singh ji did, is very , very tough. So the other path of getting married and then only having sex with your partner, have kids and as you get older the lust energy diminishes and fades away. Or in your unmarried days at least masturbation is better than sleeping around or sexually abusing someone. When we we in our teenage years and 20s we could not hold off lust very well. Now in our 40s after 12 years of marriage and two kids, it hardly bothers us. We dont desire for sex, but as Baba ji says if it happens with our partner then that is hukam and a healthy marriage and natural cycle is having sex about once a month. Baba ji also explained that masturbating often is

using up alot of blood cells to create semen , which uses up your spiritual energy and wastes it in desire. It is a tough one to beat - Lust - but it can be done with GurParsaad. May take longer than our ego wants, that's all, but learn to accept the hukam and natural cycle of sex energy in this body. And come to peace with yourself and your sexual behaviour.

Dust of your feet.

## **Brother Converting to Islam**

### **QUESTION**

I am a student at university and I come to now about you through one of my friends. I have one personal problem. My brother is working with some Muslim people. Muslim people are forcing him to convert and he is agreeing. He is following all the stuff as muslim follows. He is going for rozza and namaz just like muslim. He was great believer of guru nanak dev ji, but now he says that shri guru garanth sahib ji is not a holy book, its just about spiritual book. Plz help me out i am very much worried about him. he is also telling me about muslims and wanted me to have rozza. Please help me out if you can.

### **REPLY:**

Guru Pyare Beti Jee, God bless you.

You need to understand this thing that if that is the destiny of your brother then no matter what happens his destiny will prevail. However, these people will not be able to force him to adopt their so called man made religion.

Sikhism, Hinduism, Christianity, Islam etc are human made religions. There is no truth in these religions. The true meaning of religion means union with God, and that is what we are preaching. For us these man made religions have no meaning, there is no spiritual importance of all these man made religions. There is only one race and that is human race, and the objective of human life is union with God, and that is what is meant by the world religion.

The only thing you can do is focus yourself on Satnaam Simran and keep on praying for your brother. When you dedicate yourself to Satnaam Simran then God will hear your prayers and things will fall in the right perspective for you.

## **Learning Meditation From Deepak Chopra**

### **QUESTION:**

Fateh Babaji,

I am very interested to learn meditation and have been doing some research on classes offered by some organization such as deepak chopra, etc.

Many emphasize on "Bij mantra" which sounds like aum, om.. Is there any bij mantra in Sire Guru Granth Saheeb Maharaj that I can use mental clarity and calmness....something that I can use to replace Om or aum namaha..

Thank you Ji

**REPLY:**

Guru Pyare Jee, Gurfateh Parvaan Karna Jee.

Naam is Gurparsaad, Naam Simran is Gurparsaad, Naam KI Kamai is Gurparsaad Puran Bandgi is Gurparsaad, everything else said by preachers around the globe is not true completely. There is only one way to search the truth and that is become truth by yourself and discover the truth within yourself, this is called self realization or the realization of the infinite divine power within your ownself.

The Gurparsaad is obtained the one who has the Gurparsaad, the custodian of the Gurparsaad, and such an entity is called a Puran Sant, Satgur, Puran Braham Gyani and the key to the Gurparsaad is a complete surrender at the Sat Charans of such a soul, complete surrender is surrender of tunn munn an ddhan. So please look for an opportunity that may be in your way to bless you with the Gurparsaad.

In the meanwhile we will ask you to focus on Satnaam – Sat is the Naam as presented in Gurbani by Dhan Dhan Satgur Nanak Patshah Ji. There are some Gurparsaadi writings on Naam on the website [www.satnaam.info](http://www.satnaam.info). Please read these writings and continue to read them until you are clear about the Naam and you feel that there is no more research needed to learn about Naam. Please feel free to communicate as you feel.

Links:

Beej Manter

1. Vahiguru Manter, Guru Manter, Gur Manter , Gur Shabad

2. Guru Nanak Dev Ji And Satnaam

Plus there is much more on the website, for a complete understanding from start to finish we recommend reading the Sukhmani Explanation book.

Dassan Dass

**All That I Wish Is To Find My Way Back Home**

**QUESTION:**

Sat Naam Dassan Das Ji,



I have been reading your beautiful words from your email to me over and over again. I'm ignorant in my mind when you say Total Surrender to the Satguru for the Totality to be achieved in me is what is needed. This is abstract for me. What, more specifically, does complete surrender mean and entail, respectfully?

I have been reading the experiences of others who have been immensely blessed to be in your physical company and regretfully, even shamefully, feel at a loss to my soul that thus far it has not been God's Will to grant me this same Grace. Is it ungrateful and sinful to feel this way? Is it required for spiritual progress to receive the physical touch of the Master?

I already feel an immense amount of gratitude to have come across True Teachings with One who embodies their essence. Please help me and show me the way. I am at your Feet. All that I wish is to find my way back Home.

On my own, I can't even begin. I beg your continued blessings to fuel the way and stay the course.

With much love and gratitude.

**REPLY:**

Satnaam Guru Pyare Jee.

The Gurbarsaad is a divine blessing. You are already a divinely blessed soul. The Totality will be achieved by Total Surrender by you to your SatGuru. So far whatever you have achieved is excellent, and your further spiritual progress is dependent on how much you surrender to your Satguru, complete surrender will bring you the Gurbarsaad of Naam, Naam Simran, Naam Ki Kamai, Puran Bandgi and Seva. This Gurbarsaad will take you to the spiritual heights and your divine life will appear in your ownself. Complete surrender will eliminate your individuality which will lead to the death of ego when the infinite divine power will take over everything for you and you will realize your ownself as an unseparable part of the divinity – the infinite divine power. So please focus on complete surrender and dedicate yourself to Satnaam meditation: Satnaam Sada sada Satnaam and continue to focus on Satnaam and forever.

Reading the Sukhmani Book will be very helpful to you to know the truth, some of the people are blessed with the Gurbarsaad just by reading these writings, as these writings are all Gurbarsaadi and being complete and pure pious truth, they do pierce through the heart of some people, those people who are ready for receiving the Gurbarsaad by way of their destiny. So along with Satnaam meditation please continue to read the book as well with devotion, love and trust. God will for sure bless you with the Gurbarsaad.

Please don't hesitate to communicate, feel free to communicate as you desire or if you have any questions.

## **Family of Sat Naam**

Dhan Dhan Guru Pyare Jee,

we don't have any Sevak (servant). There is no sevak in our sangat, they are all our parivaar (family) and we call them "Satnaam Parivaar - Family of Sat Naam" - they are the ones who are blessed with the Gurbarsaadi Naam. Our sangat is all over the world and we have an internal spiritual connection with them.

There is no physical satsangat being held anywhere by us. Whatever you have seen on the website is all satsangat. The real divine satsangat is the Naam ki sangat – “harnaam hamari sangat att pyari,” “har naam kul harnaam parivaara,” “harnaam pita harnaam mata,” “harnaam sakhaai mitter hamaara.”

So far this is our Satsangat jee, who knows in future what will happen, so please stay focused on satnaam simran and everything divine will happen in your life. Spiritually we are always with you.

We also speak to the SatSangat through these e-mails or sometimes by phone or yahoo messenger . These e-mails are written by us only. We live in central part of the State of Illinois, we are a family person and have a full time job, engineer by profession.

We deeply appreciate your devotion, love and trust and would for sure like to continue our association with you and you. Please feel free to communicate as you feel by emailing [dassandas@gmail.com](mailto:dassandas@gmail.com) .

## **Scared Of Doing Simran**

### **QUESTION:**

Hi,I find myself reading/listening to Dhan Dhan Sant Baba ji's wonderfull wonderfull divine gyan over & over again. So much love, compassion. I am totally hooked.

I dont know maybe this'll sound silly but sometimes when I try to do satnaam simran and begin to get into it with eyes closed I get some frightening images/people appear which if im honest does scare me, I try to carry on with simran but fail to do so. Maybe you could help me on what to do. I just cannot get into daily naam simran.

REALLY look forward to hearing from you.

Thank you for this great seva of yours.Please forgive my ignorance.

### **REPLY:**

Guru Pyare Jee God Bless you.

Please don't be afraid of any negative forces that try to disturb you while doing Satnam Simran. They can't do any harm to you, Satnaam is infinite divine power that will protect you from all evil elements.

Basically, these evil elements living in your body – which we call doots or panj doots - kaam krodh lobh moh and ahankaar are getting disturbed with your dedication to Satnaam, that is why they are trying to disturb you from doing simran. But we are with you, all the Sants bhagats and braham gyanis, satgur sahibans are with you when you do simran, they will all protect you from these evil forces, so please dedicate more and more to simran and sit in long sessions of Satnaam Simran.

You can also do "Nirbhao Satnaam" simran if you feel too much fear from these negative forces, this will remove all the fears from you and these doots will leave your body. So please focus more and more on Satnaam Simran and you will come clean from all these doots. Feel free to communicate further as you make progress in your simran.

God bless you with the Gurparsaad.

## **Sikh Leaders**

### **QUESTION:**

It has been noted that our Sikh Leaders are chosen if they have money, good business background and already in some sort of power. However, these types of leaders after reaching some high worldly stage become full of ego and do not pose a proper picture of Sikhism for the General Sangat.

Is it not possible that our Sangat chose as their leaders only learned spiritual people, with a clean record and regardless of their financial background?

### **REPLY:**

Guru Pyare Jee,

Sikhi is not about leadership, as leadership implies the most egoistic personality. Sikhi is about Nimrata (utmost humbleness) and utmost humility and having no ego - no haumai. Sikhi is about death of haumai and winning over maya, which means winning over the five thieves and your desires. Sikhi is about receiving the GurParsaad of Naam Simran, Naam ki kamai, Puran bandgi and seva.

Sikhi is about becoming a Puran Sachyara Hirda filled with Amrit and all of the divine qualities and divine powers. Sikhi is about achieving Puran Braham Gyan, the Puran Tat Gyan.

Sikhi is about achieving Param Jyot Puran Parkash in the Hirda and become a Puran Khalsa - a Sant Hirda. And only such a soul can really help and guide the masses and not any kind of leaders.

The presence of these other kind of leaders and committees is the reason for the downfall of Sikhi. Therefore, the masses need to focus on what Gurbani says and do what Gurbani says. This is the only way the masses can understand and become what Gurbani says.

## **We Are A Sacrifice To Those Who Pray Like This**

**PRAYER:**

SATNAAM SATNAAM SATNAAM JI.  
SAT SAT SAT SAT SATNAAM JI.

Dearest Dassan Dass Ji,

I offer my prostration greeting to you. Be merciful Satguru Ji.

Please forgive me for my mistakes, please grant your grace.

Whatever is written in Sri Guru Granth Sahib ji we must believe it. Regardless of whether it makes sense to us, regardless of whichever form the Sant takes to meet us. Regardless of whether we have seen what the Divine words say or not, we must believe in them because Gurbani does not lie - NEVER. Each and every statement is pure truth. Have no doubt in this, keep full and firm faith in the divine words.

Please forgive me, the great fool, unholy sinner, great offender, sinner, betrayer, filth traitor, thief, unhonourable wretch, great egotist, greedy dog, lustful hypocrite, angry man, stuck in the noose of Maya, selfish, drunken and selfish, full of filth accumulated over many lifetimes. Please bless us with the dust of your lotus feet.

Please grant us your favourable and forgiving glance and clean me with the dust of your feet.

**REPLY:**

Guru Pyare Jee, God bless you.

What a wonderful prayer Jee. You are dhan dhan. This divine prayer coming from your Hirda will make you a Sant Hirda. Please continue to pray like this on a continuous basis, this prayer is full of divinity, this is just incredible prayer. We are a sacrifice to those who pray like this, those who accept their own self like this.

This is a wonderful confession, an open confession, please please please please all of you continue to pray like this on a continuous basis and see the unimaginable spiritual improvement in your ownself.

We love you Jee, you live in our Hirda, your name has been written in the Dargah, you are destined to become a Sant Hirda. God bless you with the Gurbarsaad of Naam Simran Naam Ki Kamai Puran Bandgi and Seva – Parupkaar and Maha Parupkaar.

Thanks again to the God a zillion times with every breath for giving us all an opportunity to meet you.

## **RadhaSoami Five Charged Words**

SatNaam Ji,

to all readers of this article, Dassan Dass ji and Satnaam Baba ji are not part of the Radhasoami group or any other group. All Sants only belong to SatNaam - the One Father and see of humanity as one family. However, some followers of the Radhasoami group often ask questions to Dassan Dass ji about their five charged names. Dassan Dass ji only teaches us to remember SATNAAM. Please see below.

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### **QUESTION:**

Praise Dear God Realized Soul Dassan Dass who resides with the Sants and Sat Gurus while here on Earth,

we were initiated by Sant Ajaib Singh Ji in August 1977 at Sant Bani Ashram, Sanbornton, NH. However, this sorry soul still has far to go. Please tell us the meanings of the charged words we were initiated with :

Jyot Niranjana - Soul without Soot

On Kaar - Transcendent Immanent

Rarankar - ?

So Hung - We are peace

Sat Naam - True Word Truth

What does Rarankar mean? Is it the same as Nirankar or nirankaara. Is there a better meaning for the other words.

Charan, humbly at Sat Guru's Charan

### **REPLY:**

Guru Pyare Jee, God bless you.

Our understanding is that this shabad should be Karankaar instead of Rarankar, and the divine meaning of the Shabad Karankaar is same as Karta Purakh – there is only one Doer, every creation is His creation, created by His infinite divine powers, and is also operated by His infinite divine powers.

Jyot Niranjana is the Param Jyot Puran Parkash and Niranjana means beyond Maya – beyond the three attributes of Maya, which are Rajo, Tamo and Sato.

Oankaar means formless, omnipresent – sarav viapak, infinite, no boundaries.

So Hung is eternal peace, thoughtless stage, complete silence of mind, and all this is Sat – eternal truth and this eternal truth is Sat and this Sat is the Naam of Akal Purakh. Everything has emanated from Sat, Sat is the origin, you have originated from Sat and you have to go back to Sat, that is why Sat is the Naam of Akal Purakh. All other Shabads are the Mahima of this Naam, they are Kirtan – means they describe the eternal qualities of the Akal Purakh, and all these divine qualities are basically His infinite divine powers and all these divine powers or qualities are contained within Sat Naam – that is why a Puran Sant or a Puran Brahm Gyani is Sat Roop.

This five shabad manter is the Maryada of Radha Swami Sants. They have been doing it for a long time after Sant Baba Jaimal Singh Jee. As far as we know and understand the Radha Swami Samparda's roots are embedded in Dhan Dhan Satguru Gobind Singh Jee's Gurkirpa and Gurbarsaad.

This Gurbarsaad was transmitted to Swami Ji of Agra Wale from the descendants of those Maha Purakhs (from Maratha Kul) who were directly blessed by Dhan Dhan Shri Guru Gobind Singh Jee. Our understanding is that until Sant Baba Jaimal Singh Jee, who were blessed by Swami Ji of Agra Wale, these Sants preached Satnaam, and after this the Maryada changed to Radha Swami and Panj Shabad manter as you mentioned.

But it is a divine truth that everything is contained in Satnaam and that is what is the Naam of Akal Purakh. The understanding of these shabads comes from within, it is the Gurbarsaad that enlightens you from inside and opens up all your divine doors and then the Puran Brahm Gyani appears from within your own self.

Panch Shabad that Gurbani talks about is the Anhad Naad music that is heard in the Dassam Dwaar after opening the Dassam Dwaar, and that is the divine Amrit, which is preached by Radha Swami Sants. Therefore Panch Shabad Anhad Naad should not be misunderstood with this Panj Shabad manter. There may be more that you might be interested in knowing and most of it is already provided on the website in the form of the Gurbarsaadi writings. But please don't hesitate to ask more questions and let us know if we can be of any assistance to you in your spiritual growth.

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## **QUESTION:**

Dear Sir,

I am very much impressed by the detailed explanation given by you with utter simplicity, which so far has been given by no one to me.

**Dassan Dass:** This is all gurkirpa and gurparsaad, we don't do anything, everything happens with the gurkirpa and gurparsaad.

**QUESTION:** I would like to submit a few requests to you, kindly send me your photograph and biography such as where do you reside, your family members, your occupation and when and how you came across such a grand truth etc.

**Dassan Dass:** These things will not help you, the key to success is satnaam, so please serve satnaam. All our story is published on the website though, it is open book anybody can read it.

**QUESTION:** Who is the Satguru i.e. Baba Ji of your organization.

**Dassan Dass:** There is no organization, bandgi can't be organized, or it can't be run in any controlled and organized way, it is the hukam that prevails, bandgi is to get freedom from all such controls and organizations that are man made and merge in infinite, where there is only one control and one organisation – satnaam sat paar braham pita parmesar and his dargah.

**QUESTION:** Can I recite "Sat Naam" without your Initiation.

**Dassan Dass:** There is no initiation in bandgi, it is gurparsaad, as you surrender your tunn munn dhan at the sat charans of the satguru you will be awarded the gurparsaad of naam, naam simran, naam di kamai, puran bandgi and seva. At this time please focus on satnaam simran.

**QUESTION:** What principles I have to observe for becoming a true devotee.

**Dassan Dass:** You have to completely surrender yourself with trust devotion and love at the sat charans of your satguru. For doing so you need to surrender your tunn munn dhan to the satguru, this is the only way you can be awarded the gurparsaad, as you keep on surrendering and serving your satguru with tunn munn dhan you will continue to earn the gurparsaad.

**QUESTION:** I want to personally meet you and serve the organization, can you suggest me the way for this, if you think that I can be helpful.

**Dassan Dass:** Physical meeting will happen when it is destined to happen, in the meanwhile you can serve the truth by doing satnaam simran. This is the highest seva you can do at this time.

**QUESTION:** What is the utility of my life as I only believe in Love, which I have never found so far.

**Dassan Dass:** Sat (TRUTH) is the womb of love, sat is the womb of entire creation, sat is god itself, all the infinite divine powers are contained within sat, so please focus yourself on satnaam simran, this will open up all the channels of love for you.

**QUESTION:** Is there any person who belongs to your Circle at Nagpur.

**Dassan Dass:** No ji.

**QUESTION:** I am very sorry for disturbing you.

**Dassan Dass:** There is no disturbance in serving the truth and delivering the truth to the masses.

**QUESTION:** Lastly, I would like to request you to please do not use derogatory words for yourself as I am myself feeling very ashamed on reading them. You are the propagator of Truth so it is not necessary that you may lower yourself too down that there is no place left for the devotee. I cannot bear that a true person may go to such an extent of politeness.

**Dassan Dass:** Utmost humbleness, humility and garibi ves hirda is the key to dargah, this doesnot make you lower, this lifts you up so much that god comes in and appears in you by himself. This is the key to dargah which kills your haumai, and you achieve jivan mukti.

**QUESTION:** Please forgive me if I had committed any offence in your honour.

**Dassan Dass:** No offence, everything is in hukam. God bless you.

**QUESTION:** Dear Sir,

I am very much thankful for the reply given by you and admit that your convincing power is really very good. However, I would be happy if your honour could clarify my below mentioned doubt, for which I will be humbly obliged.

**Dassan Dass:** This is the power of divinity and poser of puran sat that pierces through one's hirda and carves it there. That is all we do deliver and serve the puran sat. This is nothing known as convincing power but it is infinite divine blessing that comes with the bandgi and seva that is accepted in the dargah.

**QUESTION:** In your earlier article sent to me, it has been admitted that Soami Ji Maharaj, Baba Jaimal Singh and Maharshi Shiv Brat Lal were right Gurus and they have given the "Satnaam" as the Mool Mantra. But, it is not understood to me that if all of them gave "Satnaam" to the Sangat, then why this word "Radha Soami" is coming in all the Organizations which are being run in their name and also it is astonishing that why the same word "Radha Soami" is occurring



every where. I want to know what is the reality behind this Name and one more thing is that the Sangat, who are generally very simple people and who don't have any time to undergo a deep research into all this, what is their fault if they innocently admit any of the Gurus working under these organizations and more so all this has become so complicated that a very rare person can go through all this but he also will become puzzled. What will be the fate of all these persons who are being misled, if the so-called Gurus are wrong.

**Dassan Dass:** We have no idea why it was changed to radha soami, it probably happened when it went from a free form to an organized form. The roots of these sants Swami ji from Agra and his desciple Baba Jaimal Singh and Swami Ji's Satguru who was from Hathras and their ancestors were blessed by Dassam Patshah Jee Gobind Singh Jee, later on the traditions kept on changing and hence the current situation. We are not here to criticise and tell what is wrong and what is right to the people, but we are here only to serve and deliver the puran sat to the masses. With due respect to all these sants, we don't really want to say anything in this regard. Your concerns may be genuine but even if you find out the truth you will not be able to change anything. The only thing you can do is change yourself, work on getting your hirda transformed to sat hirda with the gurparsaad. This is all a matter of destiny that makes everything happen. If we can transform ourselves then only we can help others, otherwise we can't really do anything to help others. So speak, hear, deliver and serve puran sat to the masses after you have complete realization and are blessed by the Akal Purakh and the Satguru to do so. So please don't spend your energy in this futile exercise and focus yourself on your simran and seva which will bring you the gurparsaad and will transform your hirda to a sat hirda.

**QUESTION:** As per your advice I am doing the Simran of Satnaam with full love and surrender. One thing I would like to mention is that please do not think that I am an arrogant or a rebellious type of person. In fact, I am dumb struck to see such a huge politics in the name of Religion.

**Dassan Dass:** We agree with you that there is a lack of deliverance of puran sat to the masses, either the preachers don't know the puran sat, or they are not willing to deliver and serve puran sat to masses. In both cases it is not right. Puran sat comes only from those souls who have achieved puran awastha. Only those souls who have achieved puran awastha are allowed to preach by the dargah. Other preachers don't know the puran sat so how can they deliver puran sat to the masses. If they preach and preach it wrong, then they are dargahi criminals. For sure those who mislead the sangat will be punished by the dargah.

## **How Dasvandh Is Being Used**

This is all Gurkirpa and Gurparsaad that has written this book on Sukhmani Bani in a quest to spread the Eternal Truth and make it known to the masses all around globe. Sangat's dasvandh has been used in getting this book printed. Sangat's dasvandh has also been used in getting the

entire website translated into Punjabi language as well, this Seva will continue until all the writings are translated in to Punjabi.

More efforts are on way to translate these writings in to Hindi language as there is a large population out there who speaks, reads and writes this language in the Indian sub continent as well as NRIs living around the globe.

We all can speed up this effort of bringing these writings in the hands of the truth seekers around the globe with your priceless Seva. Disseminating the divine wisdom to the masses is a Seva of very high order, and you all have been and continue to be a part of this Seva.

Your dasvandh can make it possible to deliver this eternal truth to every human being that has been seeking it from an unknown period of time in space. Your Seva can do wonders to these souls who are now lost in the wilderness of Maya. Your Seva can do wonders to your ownself by helping deliver this eternal truth to the masses. Above all this Seva will help you win over Maya one day in this life time.

So please those who are contributing to this Seva, continue to enjoy and accumulate the infinite divine benefits by continuation of this Seva, and to those who have not yet opened up their minds, please open up your minds and take advantage of this divine opportunity to make your contributions and earn the infinite rewards resulting from this Seva.

God bless you all with this Seva.

## **The Power Of Dandauth Bandhna**

Guru Pyare Jee,

As we have said earlier, these are visions and not dreams, your soul travelling to higher and higher realms of Satnaam, God has shown you how humility and humbleness is so important in Bandgi, doing Dandaut is “Punn Wadda”, is a Sat Karam of very high order in spirituality. Doing Dandaut brings humility inside your Hirda and kills your Haumai, when Haumai dies then God appears and Jivan Mukti is blessed. You have now seen how powerful is the rewards of doing Dandaut Bandhna. You are now in a constant state of Simran going on inside you, so everything you see and feel is the reality, the divine reality, the divine truth, this is what Gurbani says, and whatever Gurbani says is happening to you, you are now by yourself becoming Gurbani.

Dhan Dhan Satgur Nanak Dev Ji have given you the gift of your life on His birth day celebrations going around the world. Next time when you see Him just go and kiss His feet, anybody you see in your visions are Mukht Atmas, so please go and kiss their feet. Whenever anybody goes in to Satnaam meditation then Satguru Sahibans, Braham Gyanis, Sants and Bhagats come in to bless these souls, they come as a mark of respect to Satnaam, their blessings show that you are on the right track and keep moving on this track, never look back, always keep on trusting your Satguru, always keep on enhancing your trust on the Satguru, always keep on

enhancing your devotion to the Satguru, always keep on enhancing your surrender to the Satguru.

You are doing great, please stay focused on Satnaam and continue moving on this divine path forever, for all ages to come, never ending, never stopping, continuous Sat Chit Anand.

## **The State Of Nothingness**

Guru Pyare Jee. God bless you.

The state of nothingness is great, no thoughts, complete silence of mind is incredible, when you sit down and try to focus on Satnaam and you go in to this state of nothingness which is complete silence of mind then you will not even know how much time has elapsed since you sat down, this is a highly blessed state, this is called Sunn Smaadhi.

Sometimes while sitting in this state you do travel in to various realms as well and you have various kinds of visions, they can be about your previous lives, or they can be what is going to happen in future, they can be about yourself or they can be for others, sometimes you have visions of the Gurus, Sants and Bhagats, and so on, once Naam goes in to Rom Rom, then these kinds of visions are not essentially dreams, but they can be one of these states as just described. That is why we tell the Sangat to share their experiences so people around get motivated and learn from these experiences as well.

In the state of Sunn Smaadhi some people do have out of body experiences as well, sometimes you will be in complete senses and you will watch yourself leaving your body – means your Suksham Dehi leaving your physical body and travelling to various realms and see different things as was explained by Naamjeevan Ji in one of her experiences. Out of body experiences are same as what happens to the person when he/she dies – soul leaving the physical body when the body dies, but for a person having out of body experiences the physical body still remains alive as it is still joined by a divine cord that keeps it breathing, however, the breathing rate might go very low. Sometimes such people are kind of declared dead when found in that state by the family members, and then all of a sudden the body comes back to life, when the soul returns. Some of the Sants and Bhagats are blessed with this divine power to leave the body at will and travel to various realms, and then come back.

It looks like you are doing great, just keep it up and keep on enjoying and keep on filling yourself with the Amrit like this.

## **Dont Doubt Your Guru - Ask For Forgiveness**

**QUESTION:**

Sat Shri Akal Ji,

i don't know what has happened to me I am in great confusion. There were days I used to enjoy kirtan. And i had made a couple of promises to Guru Granth Sahib Ji which i also have broken. Now my condition is i dont do any simran and started drinking and my mind asks me questions like is there any God. Please help.

### **REPLY:**

Guru Pyare Jee, God bless you.

Guru is very kind, His kindness is infinite, His Hirda is full of this infinite divine power of kindness, so please don't worry and doubt your Guru, go ask for forgiveness, and Guru will forgive you instantaneously. The moment this feeling of apology comes in your Hirda, the Guru will take over all your sins and forgive you in a second. There is nothing to be confused about. The door of the Guru is always open for you and will remain so forever, Guru never closes His door for anybody, whatever and whosoever it may be. It is your devotion, trust and faith in the Guru that makes or breaks the contact with the Guru, it is you who make or break the contact with the Guru, the relationship with the Guru is internal and not external, it is all internal union and has nothing to do with external things, external things are Maya, internal compliance is Bandgi and union with the Guru.

The one who is internally connected with the Guru is a Gurmukh, the one who is still externally connected with the Guru is still a Manmukh. Guru's word is also Guru, following Guru's word is following Guru. As many times you fall back, the Guru will lift you back, as many times you keep going back and forth, the Guru will keep on helping you stand up again and again, until you realize it completely and be on your own. Your falling back again and again will depend upon how deep is your love, devotion, trust and faith in the Guru. When your love, trust, faith and devotion for the Guru crosses the fine line then you will stop falling back and will be able to stand on your own two feet. Guru will never leave you in the dark, Guru will keep holding your arm until you become stable and are able to be on your ownself.

So please keep on enhancing your love, devotion, faith and trust in the Guru and Guru will keep on helping you as long as you need His help.

### **Worldy Kings Bow To The Guru King**

Absolute Truth comes through the ones who walk on this path of the truth. Dhan Dhan Satgur Nanak Patshah Ji raised His voice against the emperor Babbar's atrocities and the emperor had to come and bow before the Guru Avtar Dhan Dhan Satgur Nanak Patshah Ji,.

Another emperor Akbar came to the Pancham Satguru Arjan Dev Ji's Darbar for getting a blessing because he was issueless and his son was born as a result of the Guru's blessings. The Guru blessed him after he ate langar sitting in the Pangat (equally with rich and poor alike). This son later bowed to the Sixth Satguru Hargobind Sahib Ji.

Emperor Aurangzeb's son Bahadur Shah Jafar obtained the thrown of Delhi with the Help of Dhan Dhan Satgur Gobind Singh Ji and became the Guru's disciple, whereas his father had slayed the ninth Guru and Dassam Guru had to sacrifice all His family to serve the truth against Aurangjeb.

The bottomline is that only and only a Puran Sant a Puran Braham Gyani can see, hear, speak, serve and deliver the truth. The worldly kings are not capable of doing so, they are nowhere near this capacity and capability of serving and delivering the truth to the masses, if they were so blessed then you will not see the kind of problems and issues the world has ever been facing and will continue to do so. The entire world is run by Maya, and is drenched in 40 feet deep scum of Maya so how can anybody expect the current rulers to be truthful? That is why they are called politicians. Therefore, there is only one way to achieve the capacity and capability to see, hear, speak, serve and deliver the truth and that is through the GurParsaad of Naam received from the King of Kings, the Emperor of Emperors, the Sat Guru.

## **A New Divine Dimension Of Giving**

A new divine dimension of giving is presented to you.

Divinity (Sat Naam) wants you to give, give and only give. Do you know why Divinity wants you to give? Because the more you give the more you receive back. Actually what you receive back is a multiple of what you give, so if you give your Tunn – for Seva and Simran then the rewards of this Seva and Simran are multiplied many times and return back to you.

God is infinite, so are His Bhandaaars (treasures), so are His divine qualities, so are His divine powers, everything you can imagine is in His treasures in infinite dimensions. So the one who is already infinite, what can you give Him? Therefore, whatever you give to Him He returns back to you in multiples; same way when you give your Munn to the Gur and Guru, He blesses you with the divine wisdom. In the same way that God is Infinite, so is His divine consciousness, the divine consciousness can't be measured, there are no dimensions of the divine consciousness. Gurbani calls this divine consciousness Mansarovar, Satnaam Sagar, Gursagar. Masarovar is infinite, so what can you give to the infinite? He just tests your devotion and trust in Him, and when you give your Munn to Him then He multiplies it and gives it back to you. That is why we say the dissemination of divine wisdom is a Seva of very high order. So giving Munn connects you to the Mansarovar, Gursagar or Satnaam Sagar. Giving Dhan is the same way, what can we give to Him whose treasures are already infinite, giving Dhan is a test for how much are we attached to the worldly things and possessions.

So the more you are detached from the worldly possessions the more He will multiply and return it back to you, the more money you give to the Gur and Guru, the more you will get back in some form or the other. When you give, you break your Karmic Layers and by doing so you multiply the effect of your giving. On the other hand, by demanding for things you put more Karmic Layers around you and make it worse for you.

Similarly when you pray for worldly things for YOURSELF then you don't break your Karmic Layers, instead you build more Karmic Layers for yourself (so just pray for gift of naam, sevan

and bandagi and forgiveness for mistakes). But when you pray for others then those prayers penetrate through your Karmic Layers and the other person's Karmic Layers and create a positive effect, the reward of which is multiplied and returned to you along with a unimaginable benefit for the other person for whom you are praying.

Giving, therefore, brings unimaginable rewards, giving brings you closer to divinity, giving merges you with divinity and make you one with God, giving fills your Hirda with Amrit and all divine qualities and makes it a Sant Hirda.

## **Anger Is Not A Solution**

Anger is not a solution to any issue, anger comes when the ego is hurt, ego and anger complement each other. So what to do ? Forgiveness is the answer – kindness is the answer. Be kind to them and be kind to every creation, and forgive them for their ignorance.

It is basically their ignorance of divine truth, so ignorant ones deserves kindness and not anger and abuse, therefore, forgive them all, please forgive them all, and also forgive your ownself as well, because you are guilty of ego and anger as well. Forgiveness is a divine quality, kindness is a divine quality, forgiveness and kindness are infinite and not only that these are infinite divine powers, part of the infinite, which make the God infinite, therefore, please forgive them all and stop looking around you, and start looking inside you and only you, looking outside you will bring you frustration and looking inside you will bring you peace and wherever there is peace there is love, there is devotion, there is humbleness, kindness and forgiveness.

So please learn to be kind, forgiving, humble and fill your Hirda with all these infinite divine qualities. Also forget about the past, don't think about the future and seize the present by staying focused on Satnaam. When present is Satnaam, the future will for sure become Satnaam as well, living in past is no living, living in future is no living, real divine living is in the present moment and living in the present moment is living in Satnaam.

God bless you.

## **Physical Exercise**

Physical exercise is very important for everyone, be it a child, a young person or an old person. We do go to the health club 3-4 times a week and spend a good hour over there. We also do some breathing exercises every day as well. This keeps us very healthy and keeps on building our immunity and also enhances the metabolism. A healthy body is a must for all of us. So this is our request to all of you to spend some time in maintaining your physical health.